

USDA National Nutrient Database for Standard Reference Release 28

Full Report (All Nutrients) 01044, Cheese, pasteurized process, swiss

Report Date: December 03, 2015 20:04 EST

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.38

Nutrient	Unit	1 Value Per 100 g	Data points	Std. Error	1 cup, diced 140g	1 cup, shredded 113g	1 oz 28.35g	1 cubic inch 18g	1 slice (3/4 oz) 21g
Proximates									
Water	g	42.31	10	0.355	59.23	47.81	11.99	7.62	8.89
Energy	kcal	334	--	--	468	377	95	60	70
Energy	kJ	1396	--	--	1954	1577	396	251	293
Protein	g	24.73	9	0.211	34.62	27.94	7.01	4.45	5.19
Total lipid (fat)	g	25.01	10	0.294	35.01	28.26	7.09	4.50	5.25
Ash	g	5.85	8	0.160	8.19	6.61	1.66	1.05	1.23
Carbohydrate, by difference	g	2.10	--	--	2.94	2.37	0.60	0.38	0.44
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	1.23	--	--	1.72	1.39	0.35	0.22	0.26
Minerals									
Calcium, Ca	mg	772	6	32.904	1081	872	219	139	162
Iron, Fe	mg	0.61	--	--	0.85	0.69	0.17	0.11	0.13
Magnesium, Mg	mg	29	6	0.929	41	33	8	5	6
Phosphorus, P	mg	762	7	59.538	1067	861	216	137	160
Potassium, K	mg	216	6	14.471	302	244	61	39	45
Sodium, Na	mg	1370	6	64.664	1918	1548	388	247	288
Zinc, Zn	mg	3.61	--	--	5.05	4.08	1.02	0.65	0.76
Copper, Cu	mg	0.027	--	--	0.038	0.031	0.008	0.005	0.006
Manganese, Mn	mg	0.014	--	--	0.020	0.016	0.004	0.003	0.003
Selenium, Se	µg	15.9	--	--	22.3	18.0	4.5	2.9	3.3
Vitamins									
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.014	6	0.001	0.020	0.016	0.004	0.003	0.003

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, diced 140g	1 cup, shredded 113g	1 oz 28.35g	1 cubic inch 18g	1 slice (3/4 oz) 21g
Riboflavin	mg	0.276	8	0.020	0.386	0.312	0.078	0.050	0.058
Niacin	mg	0.038	7	0.007	0.053	0.043	0.011	0.007	0.008
Pantothenic acid	mg	0.260	1	--	0.364	0.294	0.074	0.047	0.055
Vitamin B-6	mg	0.036	7	0.004	0.050	0.041	0.010	0.006	0.008
Folate, total	µg	6	--	--	8	7	2	1	1
Folic acid	µg	0	--	--	0	0	0	0	0
Folate, food	µg	6	--	--	8	7	2	1	1
Folate, DFE	µg	6	--	--	8	7	2	1	1
Choline, total	mg	36.2	--	--	50.7	40.9	10.3	6.5	7.6
Vitamin B-12	µg	1.23	7	0.238	1.72	1.39	0.35	0.22	0.26
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	198	--	--	277	224	56	36	42
Retinol	µg	192	--	--	269	217	54	35	40
Carotene, beta	µg	63	--	--	88	71	18	11	13
Carotene, alpha	µg	0	--	--	0	0	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0	0
Vitamin A, IU	IU	746	--	--	1044	843	211	134	157
Lycopene	µg	0	--	--	0	0	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.34	--	--	0.48	0.38	0.10	0.06	0.07
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.5	--	--	0.7	0.6	0.1	0.1	0.1
Vitamin D3 (cholecalciferol)	µg	0.5	--	--	0.7	0.6	0.1	0.1	0.1
Vitamin D	IU	18	--	--	25	20	5	3	4
Vitamin K (phylloquinone)	µg	2.2	--	--	3.1	2.5	0.6	0.4	0.5
Lipids									
Fatty acids, total saturated	g	16.045	--	--	22.463	18.131	4.549	2.888	3.369
4:0	g	0.815	5	0.020	1.141	0.921	0.231	0.147	0.171
6:0	g	0.489	5	0.014	0.685	0.553	0.139	0.088	0.103
8:0	g	0.275	11	0.014	0.385	0.311	0.078	0.050	0.058
10:0	g	0.572	12	0.032	0.801	0.646	0.162	0.103	0.120
12:0	g	0.566	12	0.072	0.792	0.640	0.160	0.102	0.119
14:0	g	2.792	12	0.058	3.909	3.155	0.792	0.503	0.586

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, diced 140g	1 cup, shredded 113g	1 oz 28.35g	1 cubic inch 18g	1 slice (3/4 oz) 21g
16:0	g	7.188	12	0.210	10.063	8.122	2.038	1.294	1.509
18:0	g	2.602	12	0.085	3.643	2.940	0.738	0.468	0.546
Fatty acids, total monounsaturated	g	7.046	--	--	9.864	7.962	1.998	1.268	1.480
16:1 undifferentiated	g	0.677	12	0.064	0.948	0.765	0.192	0.122	0.142
18:1 undifferentiated	g	5.896	12	0.122	8.254	6.662	1.672	1.061	1.238
20:1	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.622	--	--	0.871	0.703	0.176	0.112	0.131
18:2 undifferentiated	g	0.342	12	0.033	0.479	0.386	0.097	0.062	0.072
18:3 undifferentiated	g	0.280	11	0.027	0.392	0.316	0.079	0.050	0.059
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	85	--	--	119	96	24	15	18
Amino Acids									
Tryptophan	g	0.360	--	--	0.504	0.407	0.102	0.065	0.076
Threonine	g	0.802	--	--	1.123	0.906	0.227	0.144	0.168
Isoleucine	g	1.143	--	--	1.600	1.292	0.324	0.206	0.240
Leucine	g	2.186	--	--	3.060	2.470	0.620	0.393	0.459
Lysine	g	2.454	--	--	3.436	2.773	0.696	0.442	0.515
Methionine	g	0.640	--	--	0.896	0.723	0.181	0.115	0.134
Cystine	g	0.159	--	--	0.223	0.180	0.045	0.029	0.033
Phenylalanine	g	1.256	--	--	1.758	1.419	0.356	0.226	0.264
Tyrosine	g	1.353	--	--	1.894	1.529	0.384	0.244	0.284
Valine	g	1.481	--	--	2.073	1.674	0.420	0.267	0.311
Arginine	g	1.035	--	--	1.449	1.170	0.293	0.186	0.217
Histidine	g	1.008	--	--	1.411	1.139	0.286	0.181	0.212
Alanine	g	0.620	--	--	0.868	0.701	0.176	0.112	0.130
Aspartic acid	g	1.519	--	--	2.127	1.716	0.431	0.273	0.319
Glutamic acid	g	5.132	--	--	7.185	5.799	1.455	0.924	1.078
Glycine	g	0.407	--	--	0.570	0.460	0.115	0.073	0.085

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, diced 140g	1 cup, shredded 113g	1 oz 28.35g	1 cubic inch 18g	1 slice (3/4 oz) 21g
Proline	g	2.516	--	--	3.522	2.843	0.713	0.453	0.528
Serine	g	1.194	--	--	1.672	1.349	0.338	0.215	0.251
Other									
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0	0